



Eat Yourself Skinny 2: 30 Delicious Superfood Breakfast Recipes to Rev Your Metabolism and Make Fat Cry!

Kasia Roberts RN

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BOOST YOUR METABOLISM, PROMOTE WEIGHT LOSS AND FIGHT INFLAMMATION WITH DELICIOUS SUPERFOOD BREAKFAST RECIPES

Eat Yourself Skinny 2 introduces the world's most nutrient-rich diet plan. Your struggle to lose weight finds an end as each plant-based Superfood introduced in this recipe book lends you a hearty boost of vitamins, minerals, proteins, and brain-enriching fatty acids—without the caloric costs.

Place your normal sugary-laden cereals to the side; stop munching on grease-dripping sausages for your morning meal. Superfoods provide everything your body requires to regulate, heal, and finally drop the weight. They rev your metabolism in the early hours of your day, allowing you to feel refreshed and rejuvenated and make better decisions moving forward through the day. Superfoods provide the perfect leap, a fresh start. And the 30 Superfood Breakfast Recipes included in this book escort you on that journey to better health.

Each breakfast superfood recipe in this book is divided into three sections: Green Superfoods, Fruit and Nut Superfoods, and Seed Superfoods. Each category of superfood provides unique weight loss and nutritive benefits, while each specific superfood provides its own brand of vitamin and mineral qualities.

Begin your weight loss journey with your choice of 30 unique recipes. They're ready to meet your savoury, cereal, or sweet treat morning needs at a low caloric cost. Start feeling great and losing weight today!

Here is a Sample of Some of the Breakfast Recipes Inside:

Lemon and Chia Seed Muffins

Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss.

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